



Health and Wellness Tip of the Week - Week 16

April 21, 2014

Monthly Topic
Communicate tips
to handle stress
during Stress
Awareness Month in
April.

When It Comes To Your Body, Your Mind Matters.

Many people in the U.S. are discovering the link between good mental and physical health. It's often called the mind-body connection since your body reacts to the way you think, feel and act. And your emotional health benefits when you take care of your body. Want to help your mental and physical health? Try these ideas:

- Express your feelings in the right ways rather than keeping them inside.
- Live a balanced life by reducing things that cause you stress and adding fun things.
- Build resilience to cope with stress in a healthy way.
- Calm your mind and body using deep breathing or meditation.
- Eat healthy meals, get plenty of sleep and work out regularly.
- Avoid overeating and don't misuse drugs or alcohol.

Sources: American Academy of Family Physicians; American Psychological Association



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630